



SEABEE MAGAZINE TEAM

Virginia Bueno DIRECTOR

James G. Pinsky EDITOR-IN-CHIEF
CHIEF MASS COMMUNICATION
SPECIALIST(SCW/EXW/SW/AW/SG)

PUBLIC AFFAIRS AND COMMUNICATIONS NAVAL FACILITIES ENGINEERING

BUREAU CHIEFS

Shane Montgomery
CHIEF MASS COMMUNICATION SPECIALIST
(FMF/SW/AW)
30th NCR PUBLIC AFFAIRS

Jeffrey J. Pierce CHIEF MASS COMMUNICATION SPECIALIST

Daryl C. Smith
PUBLIC AFFAIRS OFFICER
FIRST NAVAL CONSTRUCTION DIVISION
WWW.SEABEE.NAVY.MIL

LAYOUT & DESIGN

QNEXIS, INC.
STRATEGIC MARKETING AND COMMUNICATIONS

NAVAL FACILITIES ENGINEERING COMMAND

Greg Shear REAR ADMIRAL, CEC, USN COMMANDER AND CHIEF OF CIVIL ENGINEERS

Mike Holdcraft FORCM(SCW), USN FORCE MASTER CHIEF PETTY OFFICER OF THE SEABEES

Mark A. Handley REAR ADMIRAL, CEC, USN COMMANDER

Scott A. Weikert REAR ADMIRAL, CEC, USNR DEPUTY COMMANDER

Wade C. Howk

CMDCM(SCW), USN

COMMAND MASTER CHIEF

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ON THE COVER

A young Haitian boy wears a smile thanks to a visit by the Seabees from NMCB 7's Air Detachment, Port-au-Prince, Haiti, March 27. The Seabees are serving as advisors through JTF-Haiti to non-governmental organization (NGO) and Haitian officials regarding methods and application of construction to improve Camp Petionville, an Internally Displaced Persons (IDP) camp serving 40,000 Haitians.

Photo by MCC(SCW/EXW/SW/AW/SG) James G. Pinsky

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"Helping" our fellow man has always been the right thing to do.

Millions of Americans have selflessly donated time, money and themselves for the betterment of mankind. But some people need help when it is very inconvenient, uncomfortable and sometimes downright dangerous. The lines for volunteers always dwindle then, but the Seabees remain steadfast.

"With compassion for others, we build, we fight for peace with freedom."

Being a global force for good was part of our reputation long before today, and Seabees have the scars to prove it. Since March 5, 1942, obstacles be damned.

The Spring 2010 issue of Seabee Magazine reflects more than ever the Seabee commitment to helping our fellow man – which sometimes means extending a hand of kindness and other times punching evil square in the jaw. We do both well.

In Haiti, Seabees on land and under the sea worked with a forgotten people to overcome Mother Nature's violent wrath. Bulldozers, shovels and Seabee sweat cleaned up the devastation from the earthquakes, and are lending a skilled hand now that reconstruction has begun.

While on the other side of the world one of the most massive Seabee surges in history is aiding the warfighter in empowering the Afghan people to overcome Al Qaeda and Taliban tyrannical will. Standing toe-to-toe with our battlefield brothers, the Marine Corps, Seabees from both coasts are reminding terrorists that freedom knows no boundaries.



MCC(SCW/EXW/SW/AW/SG) James G. Pinsky with friend, Haiti, April 2010. U.S. Navy photo

In the Philippines, still more Seabees are helping empower a country by building schools so the Filipino people can continue to help themselves.

We even find the time to help our own.

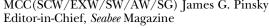
Homefront features a story that proves the Seabee 'CAN DO' mentality is contagious in our own families as Seabee wife Joanna Williamson

helped turn the Military Spouses Residency Relief Act into law, impacting the lives of far more than just the 'Bees.

And, we would like to take this opportunity to thank our fellow Seabees for your support, contributions, advice and mentorship which directly led to Seabee Magazine's success in the recent Navy-wide CHINFO award program. (See page 36 for more information.)

Sincerely.

MCC(SCW/EXW/SW/AW/SG) James G. Pinsky





NEW! Each quarter, the Seabee Magazine Challenge Coin will be awarded in recognition of outstanding contribution to the publication - article, photo, etc. We know Seabee contributors are in demand and we appreciate the time they devote to the magazine. Look for the coin in this issue and help us congratulate our first recipients!



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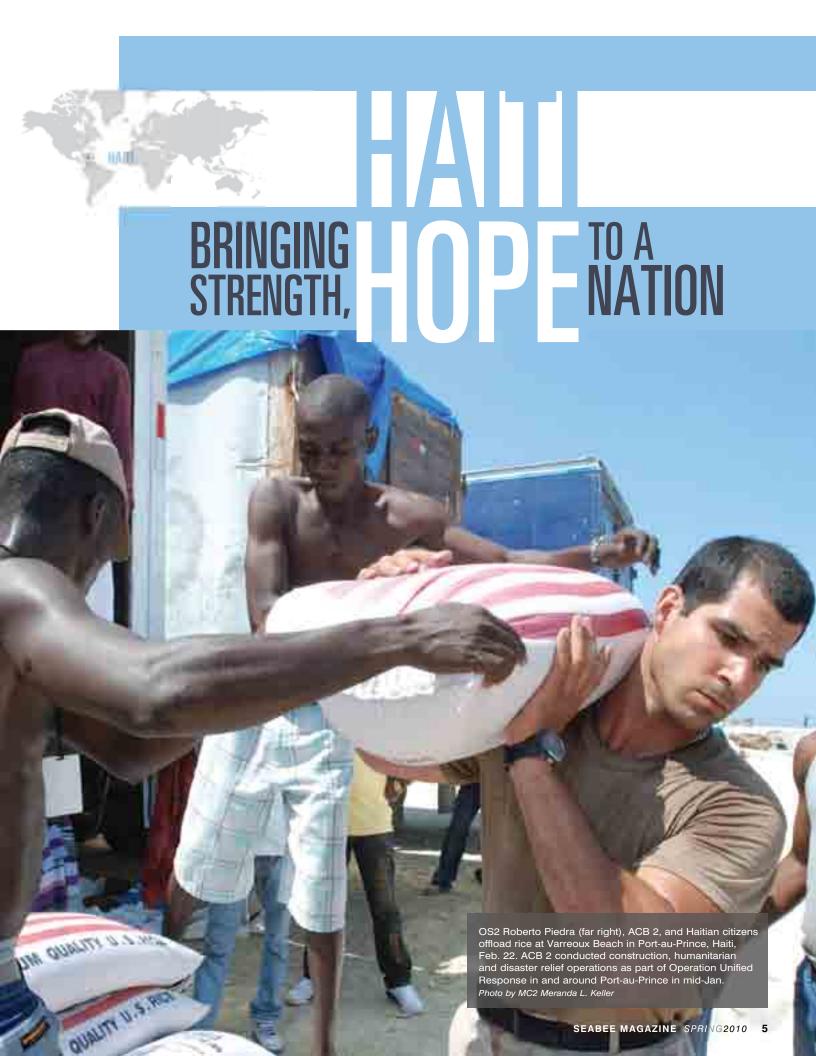
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EDITORIAL

SEABEE Magazine is scheduled quarterly by the Naval Facilities Engineering Command (NAVFAC) Public Affairs Office from the historic Washington Navy Yard, "the Quarterdeck of the Navy." Our readership consists of Active and Reserve Seabees and Civil Engineer Corps (CEC) officers and their families, as well as veterans, retirees and the general public. Letters and electronic mail are welcome on all Seabee-related topics and, if published, are subject to editing for length and clarity. Written and photographic submissions that show Active and Reserve Seabees are strongly encouraged. We prefer to receive all written and photographic submissions by e-mail to seabeemagazine@navy.mil. Images should include captions and be unmodified; digital files should measure at least 300dpi at 5x7 inches. All submissions must include the author's full name, rank/rate, duty contact telephone number(s) and e-mail address. Submissions by regular postal mail are strongly discouraged due to security precautions that may damage fragile contents. If necessary, send all postal mail to:

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ACB 2's Disaster Relief Team Paves the Way for

By MC1(SW/AW) Hendrick L. Dickson, Navy Public Affairs Support Element East

NATION REBUILDING IN HAITI

When they heard the news of a 7.0-magnitude earthquake devastating Haiti on Jan. 12, most of the members of Amphibious Construction Battalion (ACB) 2's Disaster Recovery Team (DRT) probably knew, even hoped, they would get a phone call to respond to the most deadly natural disaster in the country's history. Situations like these are what they train and plan for each year. They are the Navy's disaster relief experts, and they were soon paving the way to help the Haitian people prepare to rebuild their country.





For outstanding contribution to the Spring issue, the Seabee team from Navy Public Affairs Support Element East is the first recipient of the Seabee Magazine Challenge Coin. MC1(SW/AW) Hendrick L. Dickson, MC1 Monique Hilley, MC2 Kimberly Williams and MC3 Rose Cory translated the aftermath of the 7.0-magnitude earthquake which rocked the island nation into a cover feature on how the 'Bees are helping the Haitian people carry on in the wake of the most deadly natural disaster in the country's history.

"Krutke's Navy"

More than 30 oval-shaped tents of different sizes and colors are strategically placed along the beach, which now looks like a landing pad for UFOs. A group of about 200 Haitians stare curiously at the extra-terrestrials in green, brown and blue uniforms as they form a line and channel boxes of food and packages of bottled water from a landing craft unit to the military vehicles lined up some yards away. The boxes and water will be transported to a nearby relief facility for distribution.

In the corner of the alien compound known as "Blue Beach" to the military members, a small group of Seabees sits surrounded by bulldozers, humvees and dump trucks. They start to discuss some of the jobs they've done and start planning the next one: clearing the rubble of a collapsed church miles up the road.

"They call us 'Krutke's Navy," said one Seabee, referring to Senior Chief Engineman (SCW/SW) Steven M. Krutke, DRT 2 officer-in-charge, "just like 'McHale's Navy' [referring to the 1962 TV sitcom following the adventures of fictional PT-73, one of the smallest and best fighting crews in the Navy during World War II]. There are only 12 of us, but we get the job done."

The DRTs are the movers and shakers on the ground in Haiti. They clear the path to get the food, water and supplies where they need to be.

"We open up the roads so we can get more troops in there and give more help and humanitarian assistance. That's what we do," ENCS Krutke said. "We get the Marines ashore so they can get the 'beans, bullets and Band-Aids' where they need to go."

Just a few months ago, the DRT was back in Little Creek, Va., just starting to stand down from the 2009 hurricane season when they got the call to activate for Operation Unified Response in Haiti. Within 24 hours, two teams with 47 Seabees from DRTs 1 and 2 deployed on Jan. 14 aboard USS *Carter Hall* (LSD 50) and USS *Fort McHenry* (LSD 43).

When the ships arrived on station in Haiti on Jan. 18, the teams were launched, along with Beach Master Unit (BMU) 2, and set up beach landing zones in two locations to facilitate delivering humanitarian supplies from the ship to the people of Haiti.

"I've got two bulldozers, dump trucks, front-end loaders, humvees, water-making capabilities, just about anything we need to get the job done," said Krutke. "And if we don't have the tools, I guarantee these Sailors will improvise and come up with something. They will do whatever it takes to accomplish the mission."



HALL HOPE

The joy and pain of Haiti

The drive from the beach landing zone in Bonel, known as "Red Beach," to the city of Leogane teases the heart with joy and pain. Fields of sugar cane and lush trees stretch for miles, then disappear where the mountains begin.

Children pop out from behind trees, cars and buildings when they hear the rumble of the humvees and trucks on the dirt road. They run beside vehicles, smiling, waving and giving a "thumbs-up" approval. It's gratifying to get such a reaction, like a hero's crowd cheering one on as he goes into battle.

It's the joy of Haiti.

"Almost everyone

But there is also pain on this ride into town as bed sheets and canvases – an array of designs, colors and materials – are propped up on sticks to form tent cities that families now call home. Even the people whose homes are still standing choose to sleep outside in fear that an aftershock may strike.

"Everywhere you go you see buildings. If they're not completely collapsed then they're crumbling, they're cracked or getting ready to fall down," said LTJG Ian Underwood, ACB 2's DRT officer-in-charge. "They are uninhabitable. Almost everyone we see in town is living outdoors. People are sleeping in the streets, under trees, wherever they can find shelter."

The DRT's primary goal is to help the Haitian people remove

some of the rubble and set the stage for the governments to rebuild. The teams are out there with bulldozers, dump trucks, sledge hammers and pick axes, removing piles of cinder blocks and caved rooftops resting on buckled foundations.

"It's hard to describe what I see here, said Utilitiesman 1st Class (SCW) David Boissiere, head of projects on Red Beach camp. "Almost every other house we drive by is either completely destroyed or unlivable. To go through something like this and still carry on with your life is amazing."

The team is also a vital asset to providing much-needed water, food rations and medical supplies to the victims. Red and Blue Beach are critical staging areas for incoming supplies from the ships.

"The three things that the Haitians really want right now are water, food and medical supplies," said LTJG Underwood. "We have a Reverse

Osmosis Water Purification Unit (ROWPU) that can make 400 gallons an hour. We're loading water up in the back of our truck—about 2,000 gallons at a time—taking it to camps for displaced persons, and making sure those people have clean cooking and drinking water."

The success of the DRT, Navy and non-governmental organizations is starting to take shape. More roads and buildings are getting cleared and more aid is getting to more people. The



"Almost everyone we see in town is

living outdoors. People are sleeping

in the streets, under trees, wherever

LTJG Ian Underwood, ACB 2's DRT officer-in-charge

they can find shelter."

region is slowly showing signs of stabilizing. But there are many things still to be determined; it will be up to the Haitian people to make those determinations.

Pushing the reset button

When you talk to and meet the Haitian people, you barely get a sense of their despair. Maybe it's because they're accustomed to living with adversity. Before the earthquake, Haiti was already among the poorest countries in the world. So this disaster brings even more attention to their trials and tribulations.

There are many days of work ahead for the Haitian people. They are the ones who have the huge task of rebuilding their country once all of the rubble and debris is gone. There will probably be families living in those tent cities for quite some time. But before the DRT leaves the region, they will give the people a boost in the right direction.

"We are here to help push the reset button," said Underwood. "We're trying to impact as many people as we can. We're here to pick them up, so they can start to rebuild themselves and carry on. We're going to clear the foundation and give them a clean slate to start building back up."

NMCB 7 Repairs Roads and Port, Aids Haitian Commerce

By MC1 Nicholas Lingo, NMCB 11 Public Affairs

Self-sufficient for 30 days, a Naval Mobile Construction Battalion (NMCB) Air Detachment (Det) is a great match to assist in the recovery efforts and provide construction support following a natural disaster. So, NMCB 7's 85-member Air Det was soon deployed to Port-au-Prince, Haiti, in support of Operation Unified Response after the region's devastating earthquake.

"We're here to provide disaster recovery and humanitarian assistance," LT Beau Brooks, NMCB 7 Air Det officer in charge, said. "We're looking at assisting with road repairs and repairing the port to help bring the commerce back into Haiti, as well as supplies and aid for the Haitian people."

In the short time NCMB 7 was on the ground, the battalion made camp improvements and offloaded equipment from ships anchored out, as well as assisted in humanitarian efforts. The 'Bees also helped fellow service members set up their own camps.

"We gave some cable to the joint task force civilians [working with] one of the orphanages [that had] a donated generator," said Master Chief Equipmentman (SCW) Michael Law, NMCB 7 Air Det's senior enlisted leader. "They needed 200 feet of cable to make the well operational, which now provides water for 250 children in the orphanage.

"Considering what the children are going through, I feel a small sense of gratification for us doing what we can to help," EQCM Law said.

"For a lot of them [junior troops] this is their first deployment; with your first deployment you always remember it whether it's bad or good," Law said. "This being a humanitarian effort, everyone will have a different situation, but it will be lasting regardless."

GTMO Seabees Open Runways for MREs

By MC3 Leona Mynes, Naval Station Guantanamo Bay Public Affairs

eabees from Naval Mobile Construction Battalion (NMCB) 25 graded a hill on the Guantanamo airfield, Naval Station Guantanamo Bay, Cuba, Jan. 21, to allow large aircraft unobstructed movement when navigating the runways.

The project resulted when a Boeing 747 airplane was unable to turn around at the end of the flight line before its scheduled take-off. The plane was carrying pallets of Meals Ready to Eat (MREs) on its way to Haiti in support of Operation Unified Response.

When the aircraft attempted to turn, a 180-foot by 200-foot hill blocked its way. "We're doing this so that inbound and outbound planes are not impeded by any limitations on the runway," said Chief Builder Christopher Grzebieniek, NMCB 25.





Corpsman Helps Deliver Baby in Haiti

Navy Times Staff Writer

NEPLY, Haiti — Although rescues of earthquake survivors stuck in the rubble are becoming few and far between, there are other miracles happening in Haiti.

Just ask Chief Hospital Corpsman (EXW/FMF/SW) Jesse Bedia, an independent duty corpsman who delivered a baby Jan. 23 just a short distance from where Navy landing craft were bringing supplies and equipment ashore.

Up until that time, he had been involved with the medical evacuation of nearly 40 Haitians to the Navy ships in the Bay of Port-au-Prince — 19 of them in a single day.

But this was to be Bedia's first delivery, though he did get the

help and supervision of a Navy doctor who arrived just minutes before the baby was born.

The 37-year-old Bedia, who was frocked to chief petty officer this year, is deployed to Haiti with Maritime Expeditionary Security Squadron 6, based in Portsmouth, Va.

The adventure started about 45 minutes earlier when Steelworker 3rd Class (SCW) George Lefler and Equipment Operator 3rd Class (SW) Andy Lotzen were making it back to the waterfront with a dump truck of rubble to help fill in holes in the road.

Their standing orders were to stop

for no one, as locals would often try to get military vehicles to stop to see if they could get food or water.

But then the pair of sailors saw a pregnant woman on the side of the road as they came around a bend. She was holding her pregnant belly, clearly in pain.

Next to her were two women waving frantically for help.

"We looked at each other and agreed that we couldn't leave her there," Lefler said.

The pair helped lift the woman into the truck and quickly got her back to their base, adjacent to the Navy's "Red Beach" and near Neply, a little village a few miles from the larger town of Leogane, west of Port-au-Prince.

Bedia was about 100 yards away at an adjacent compound, getting ready for a day out in the countryside to provide security for Navy units assessing local damage and to tend to the most critically wounded they found from the Jan. 12 earthquake.

Just then, the radio crackled — it was the nearby Seabee camp asking for MESS 6's "hotel — charlie — mike" to come and assist as two of their sailors were bringing a woman in labor to their location.

"All they said is that the water had broke," Bedia said. "So I thought we had time — though I quickly got my gear and headed over."

Arriving on scene, the Seabees were trying to take Bedia to the dump truck. Confused, he hesitated, asking again where the woman was.

"The whole dump truck thing confused me, but when I finally saw her in the truck, it was quite obvious that she was a bit further along than they'd said," Bedia said. "In fact she was crowning."

Bedia and the others got the mother, Sabrina Louis, onto a cot in what was once an open-air picnic area with a tall tin roof.

Bedia was assisted by the ACB 2's own corpsmen, HM1 (FMF) Emilio Rothschoh and HM3 (SW) David Williams.

The delivery was tough, Bedia said, and during the delivery,

he was worried that the mother and baby would need a higher level of care once the delivery was complete, so he radioed back to his unit.

"Request a helo and medevac crew be on standby," Bedia's excited voice came over the radio. "She and the baby may need to be evacuated quickly."

But, in the end, that call wasn't necessary and moments after the delivery, Bedia's voice — much more relieved came on the radio again saying they could stand down the helicopter. Bedia didn't have the chance to bask in the post-natal glow. The radio crackled again - two more casualties needed medical evacua-

tion and would be arriving in a few seconds from a Navy-run clinic in town.

One was a man who had been paralyzed from the waist down in the earthquake and another was a woman whose foot, ankle and leg were now seriously infected from deep cuts.

Bedia ran the 100 yards back to his unit's landing zone as the Humvee arrived with the two Haitians. The helicopter had already landed, its rotors turning as its aircrew stood by with a stretcher.

Bedia immediately took charge of getting the paralyzed man onto the stretcher. The officer in charge, Chief Warrant Officer 2 Jason Taggart, lifted the wounded woman and carried her to the

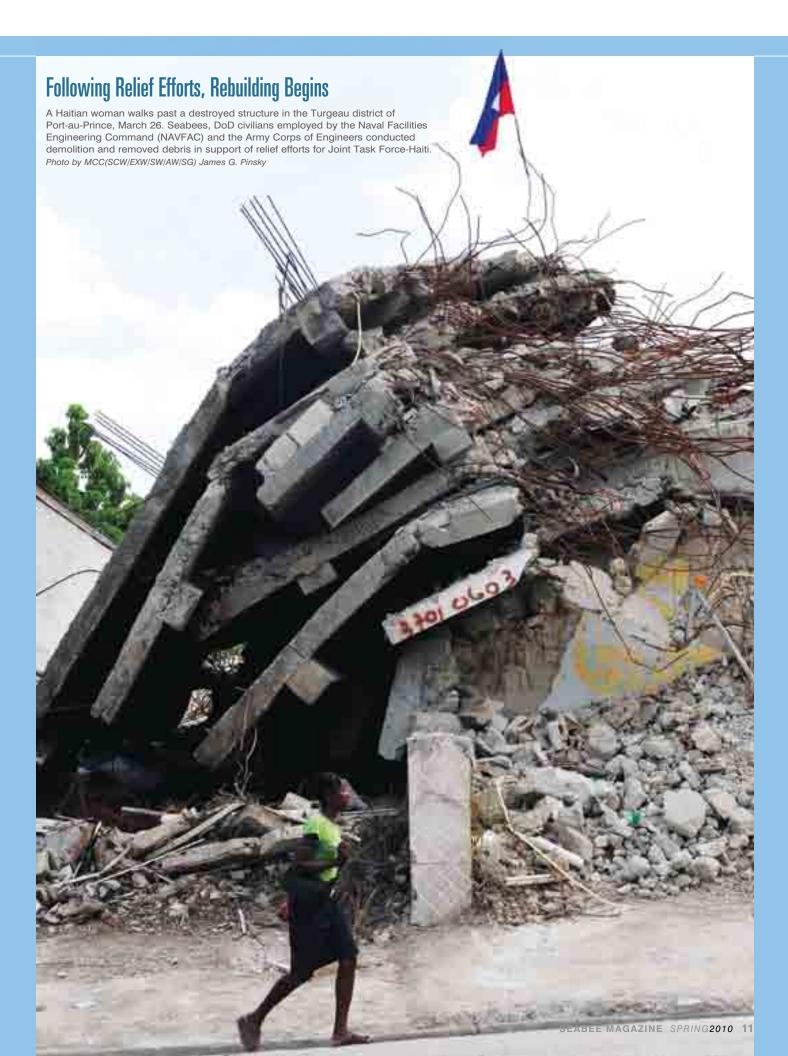
Seconds later, the helo took off and Bedia finally had a moment to think. Gradually an ear-to-ear grin came across his face as he announced to everyone present that he had just delivered "a bouncing and healthy baby boy." Again he ran back to the Seabee camp to check on the mother, Sabrina, and newborn, Dominique Louis.

"Other than my own child, this is the most beautiful baby boy I've ever seen," said a beaming Bedia as he held the baby. "We've seen a lot since we've been here and helped a lot of people, but I can't say I've done anything quite like this before."

Reprinted with permission from Navy Times, Jan. 28, 2010



Jesse Bedia (left), Maritime Security Squadron 6, holds Dominique Louis, minutes after he delivered the baby at the Seabee camp on Red Beach near Leogane, Haiti, Jan. 23. U.S. Navv photo





he earthquake which decimated the nation of Haiti in mid-January left a lasting impression on Port-au-Prince. On Jan. 12, Port-au-Prince lost two of three port operation cranes to the sea, while shudders reverberated along the length of the south pier. Haiti's main shipping pier (south pier) remained standing, but in critical condition. Located eight miles from the epicenter, the south pier was identified as the key for a sustainable logistics avenue to aid commerce. The United States Southern Command (USSOUTHCOM) tapped Underwater Construction Team (UCT) 1 to lead the pier recovery project, providing host nation, diving engineering construction expertise.

The south pier project measured 870' long and 60' wide, with 42 bents and a total of 256 piles, most of which required serious repair; it stands out as the largest undertaking a UCT has ever faced to date. The objective was to shore up the pier by reattaching the nearly completely severed support structures (piles) to the superstructure via the caps (bents), effectively recovering 80 percent of the pier's pre-quake capabilities.

In a show of support to UCT 1's pier assessment and repair mission, the U.S. Navy mobilized units from Naval Mobile Construction Battalion (NMCB) 7, Naval Facilities Engineering Command (NAVFAC), Naval Sea Systems Command (NAVSEA),

Explosive Ordnance Disposal Group (EOD) 2, and Mobile Diving and Salvage Unit (MDSU) 2. Members of the U.S. Army's 544th Engineer Dive Team also supported the project. The developing Joint Task Force (JTF) team aggressively assessed the condition of the port. Relying on the Army divers' hydrographic survey capability, the team expertly mapped the ocean floor for obstructions and depth, while augmented divers from both the Army and Navy units performed a visual inspection of the south pier.

After a 5.9-magnitude aftershock, NAVFAC engineers ordered a level-2 pier assessment, which garners critical data to calculate the pier's integrity. After the project received the go-ahead, UCT 1 and the 544th Engineer Dive Team began pier recovery. The Joint Operations Dive Team had as many as three dive sides operating at once, from the MK 20 Surface Supplied Diving to Scuba and surface swimmers. Equipped with a Bill of Materials, the team began testing the proposed friction clamp designs, while simultaneously chipping and cleaning the piles and caps in preparation for rebar caging and concrete formwork.

After securing the friction clamps in place, divers shared knowledge and experience in underwater hydraulic drilling. Perched on a friction clamp, the team of divers shared the burden of the 45-pound hydraulic drill as they bore anchor points into the pile caps overhead. Following came an expedient vertical rebar team equipped with Hilti-epoxy guns and rebar 24" to 40".

The rain came in hard and profuse overnight, washing weeks of accumulated filth and debris into the bay on the morning of Feb. 11. With a surface slick with an unknown source and debris to include human waste, diapers, etc., the project leaders wisely employed a water survey team to take samples for delivery to the USNS *Comfort* (T-AH 20), anchored several hundred yards offshore, for analysis. Diving and project progress came to a staggering halt for two days, as well as prompting a health assessment of the dive team and a more aggressive anti-malaria medicine regime, protecting against a broader range of infectious disease. Diving resumed on Feb. 13 with the news that the Port-au-Prince waters' threat to human health was minimal.

In no minor part, NMCB 7 augmented the south pier project. All equipment and supplies were split between the operating barge and the Material Liaison Office (MLO)/builder yard, located at the heart of the Contingency Operating Location (COL). The NMCB 7 detachment divided its ranks between the top-side concrete pump crew (on the pier) and the highly mobile formwork manufacturing and development crew which transited between the builder yard and form-staging locations along the pier. The formwork crew's mission was to assemble pre-fabricated

and custom formwork, friction clamps, and deployable 55-gallon drums or Styrofoam barges. The barges served to mobilize the Hydraulic Power Units (HPUs), support the pump hoses, and relay supplies and reconstituted essential components to the diving teams. The expedient form enhancement team (an intermediate between the formwork crews and the divers) established and improved operational efficiency, utilizing barges as sea level prestaging platforms which empowered the dive teams to function with greatly reduced logistical delays.

On Feb. 16, a landmark day, the JTF team injected its first form. The first of three consecutive days established the Standard Operating Procedures (SOPs). By March 1, the Army/Navy dive team completed 100 percent of the drilling and placement of vertical rebar, as well as the placement of all horizontal rebar cages, and topped off the day by injecting a total of eight forms. The team injected a total of 10 separate concrete forms on March 13, a record only to be matched on the last day of concrete injecting.

The JTF team completed the south pier enterprise two weeks ahead of the projected schedule, meeting and exceeding mission objectives. The comprehensive work completed on the south pier in Port-au-Prince now affords the Haitian people some peace of mind in the midst of incomprehensible catastrophe and loss.





(Above) Seen in a panoramic view, the Kagay Elementary School is in its final stages of construction, Kagay, Philippines, Aug. 5. Built by nearly 15 NMCB 1 Seabees from JSOTF-P, the school consists of two buildings and an adjoining bathroom.



BUCN Michael Gramm, assigned to JSOTF-P, ensures that a block is level while working on a school construction project in Barangay (community) Kagay, Jolo, Philippines, Aug. 31. Photos by UT1 Luis Alarcon



SEABEES SERVING WITH JOINT SPECIAL OPERATIONS TASK FORCE-PHILIPPINES (JSOTF-P) FORMED LASTING BONDS AND IMPROVED THE LIVES OF THOUSANDS OF FILIPINOS WHILE ASSISTING WITH INFRASTRUCTURE PROJECTS THROUGHOUT THE MINDANAO REGION.

he construction projects are part of the overall JSOTF-P mission to support the Armed Forces of the Philippines (AFP) and local government officials in countering terrorist networks and bringing economic prosperity through humanitarian and engineering efforts. Projects include bridges, wells, community centers, medical clinics and school buildings.

Seabees accomplish this by working side-by-side with their AFP counterparts and local contractors. All JSOTF-P civic-action projects aim to promote peace and stability throughout the Mindanao region.

The JSOTF-P Seabees from Naval Mobile Construction Battalion (NMCB) 1 arrived in the Philippines last August.

"It is a wonderful feeling [that] we can assist the community and help build schools in the Philippines," said Construction Electrician 1st Class (SCW) Michael Kelley, project supervisor. "It has been an honor to work with the local contractors and the school superintendent to make this project happen."

Government officials and school administration leaders also participate in the construction efforts, inspecting the workmanship and offering assistance when needed. Building materials come from the local community.

SEABEES CONSTRUCT SCHOOLS, BUILD RELATIONSHIPS IN THE PHILIPPINES

By LTJG Theresa Donnelly, Joint Special Operations Task Force-Philippines (JSOTF-P) Public Affairs

"All of our materials have been purchased and delivered to the job site by local contractors, positively affecting the local economy," said Chief Steelworker (SCW) Jeffrey Wright, NMCB 1 senior enlisted leader.

Another unique aspect about the mission for the Seabees is that the construction projects directly impact the local residents.

"There is a great satisfaction in doing humanitarian projects here," said SWC Wright. "We have a fairly young crew, some on their first deployment. So, the fact that they can interact directly with the customer whom they are affecting is really meaningful."

Constructing schools has been the focus of the current team, with two school projects. Both buildings are also made possible with the help of the AFP, whose forces provide security while the Seabees are working.

On Sept. 29, two Army Special Forces Soldiers, Sgt. 1st Class Christopher D. Shaw and Staff Sgt. Jack M. Martin, and Pfc. Jerwin J. Estrada of the Philippine Marine Battalion Landing Team-6 were killed when their vehicle ran over an improvised explosive device as they traveled to the Kagay School site to conduct a resupply mission.

At that point, construction was halted for six weeks while teams regrouped and a security plan was reestablished. The team returned to the area, determined to complete the project. Finishing the Kagay School demonstrated a resolve that lawless elements could not halt infrastructure developments in Jolo.

"One of our main concerns when we went back out there was that we already had three guys' lives invested into this project," said Steelworker Constructionman Nicholas Moore. "During the last week, when we were finishing up, the locals were out there helping us paint, doing finishing touches and they [even] erected a flagpole and monument."

The second project involved building two structures at the Lanao Agricultural College, consisting of six classrooms, with a 5,800-square-foot main building and a 1,000-square-foot science building. Both projects included a complete septic system, electrical power distribution, lighting, fans and a generator.



"We will pursue the following objectives within Afghanistan. We must deny al Qaeda a safe haven. We must reverse the Taliban's momentum and deny it the ability to overthrow the government. And we must strengthen the capacity of Afghanistan's security forces and government so that they can take lead responsibility for Afghanistan's future."

President Barack Obama, Address to the Nation on the Way Forward in Afghanistan and Pakistan United States Military Academy at West Point, West Point, New York, December 1, 2009

SEABEES

SURGEINTO AFGHANISTAN

By Daryl Smith, Public Affairs Officer, First Naval Construction Division





wo additional Seabee battalions have arrived in Afghanistan as part of the 30,000+ U.S. forces deploying to the region ordered by President Barack Obama in December 2009.

The Seabees' mission is to help provide infrastructure such as bases, berthing facilities, roads and airfields for the increasing number of U.S. forces in country.

"The current mission in Afghanistan gives us the opportunity to provide U.S. and coalition forces the infrastructure necessary for them to succeed, and we also help improve their quality of life," said RADM Mark Handley, Commander, First Naval Construction Division. "So we're the ones that help build them a wood floor under their tent, build them a galley, build them a command-and-control facility, a number of things to help their overall quality of life. So we take great pride in getting that job done."

Two battalions, Naval Mobile Construction Battalions (NMCBs) 22 and 74, were already in country prior to the requirement for additional troops. In January, NMCB 4 deployed from Port Hueneme, Calif., and is expected to be there for about seven and a half months. NMCB 133 deployed from Gulfport, Miss., in March for about four and a half months.

The Seabees were among the first U.S. troops to enter Afghanistan following the attacks of Sept. 11, 2001, to upgrade and repair airfields. For the past year, there have been essentially

two battalions on the ground.

Before the surge, there were normally about 2,600 Seabees deployed around the globe to more than 20 different countries. The new additions will bring the total number of Seabees deployed to nearly 4,000.

As part of their normal rotation cycle, NMCB 4 and NMCB 133 were originally scheduled for deployment in February. NMCB 133 was scheduled to go to Afghanistan, and NMCB 4 was originally scheduled to deploy to the Pacific Region.

"After a successful homeport training cycle, NMCB 133 stands ready to answer the president's call to surge additional forces into Afghanistan," said CDR Christopher Kurgan, commanding officer, NMCB 133, as his troops prepared for deployment. "We appreciate all the responsive support that we have received from across the Naval Construction Force to finalize our training and equipping. We also deeply appreciate the understanding and support of our families as they continue to sacrifice and allow us to answer our nation's call."

As soon as word of the impending deployment was received, various vehicles, equipment, tools and materials were prepared for shipment from Gulfport and Port Hueneme to support the mission. Naval Facilities Expeditionary Logistics Center (NFELC)

Continued on page 18



"There's a great sense of camaraderie, a great understanding of the

Continued from page 17

and Seabee Readiness Group personnel broke out containers and prepared them for shipment. Construction equipment was also broken out from warehouses, de-preserved and operationally checked. Some items were shipped by air, but most were transported by ship.

Many of the pieces of heavy construction equipment were armored before they were deployed. NFELC has active contracts to armor construction equipment in Gulfport and Port Hueneme. Mobile Tactical Vehicle Replacements (MTVRs) were also armored at other locations in California, North Carolina and Florida.

The terrain of Afghanistan presents its own unique challenges. RADM Handley said one of the toughest parts of the mission is transporting construction equipment and getting raw building materials into position, due to the remote and rugged terrain. "We're moving all of our equipment with a combination of air and sealift," he said. "Sealift will go into Karachi [Pakistan] and then over the passes into Afghanistan." Although it is unusual to deliver the heaviest construction equipment by air, it is sometimes necessary in Afghanistan because some gear will not fit through the passes.

Prior to deployment, troops were outfitted with the latest in personal gear and combat equipment including ballistic protective eyewear, body armor, hydration systems, extreme cold weather gear and fire-resistant clothing.

The deployment of two additional Seabee battalions to Afghanistan will require adjustments to the deployment schedules of all Seabee units. Most deployment tour lengths will be increased and homeport periods shortened to meet the requirement.

NMCBs normally deploy for six months and are in homeport for 12 months. In order to maintain the two additional deployed battalions, active duty units will shift toward a schedule of deploying for eight months and being in homeport for 10 months. In addition, the increased operational demand on Naval Construction Force reserve units will require 11-month mobilizations and eight-month deployments for the reserve NMCBs. The time between mobilizations for reservists will also decrease from five years to three and a half years.

Although the initial make-up of units in Afghanistan is three active and one reserve battalion, it will shift to two active and two reserve battalions once the buildup is complete.

To achieve the 8/10 rotation, three battalions deployed at the time were extended. NMCB 1's deployment to the Pacific was extended to nine months. NMCB 74's deployment to Afghanistan was extended to eight months. And, NMCB 22, also in Afghanistan, was extended to seven months.

Despite the extended deployments, Seabees and their families understand that the nation is at war and there will be increased demands made on our operating forces, Handley commented. "We are dedicated to supporting Seabees and their families," he said. "We realize these deployments place great strain upon them, and there is a wide range of support available during this time of increased mission requirements.

"There's a great sense of camaraderie, a great understanding of the importance of the mission," Handley continued. He noted that when NMCB 74's current deployment to Afghanistan was extended, some members of the battalion were due to complete their six-month assignments and have new orders executed. But, he said, "Every one of them has gone ahead and extended to do the full deployment."



AFGHANISTAN

importance of the mission."

RADM Mark A. Handley, Commander, First Naval Construction Division



By MC2 Brian Morales, Naval Base Coronado Public Affairs, and NAVFAC HQ Public Affairs and Communications

wo Seabees assigned to Amphibious Construction Battalion (ACB) 1 and one from Naval Mobile Construction Battalion (NMCB) 22 received Purple Heart medals after sustaining wounds Nov. 23, 2009, in Afghanistan.

Constructionman 1st Class David J. Brown, NMCB 22, Hospital Corpsman 1st Class Robert Riley and Steelworker Constructionman Aaron Thompson, both assigned to ACB 1, were on Forward Operating Base Wilson when five mortar rounds struck within a 15-minute period.

ACB 1, NMCB 22 Seabees Receive

Purple Heart



In addition to being hit, the Seabees responded to other wounded Soldiers in the vicinity.

CM1 Brown received his Purple Heart from RADM Mark A. Handley, Commander, First Naval Construction Division, during a ceremony at Joint Reserve Base Fort Worth, Texas, March 13.

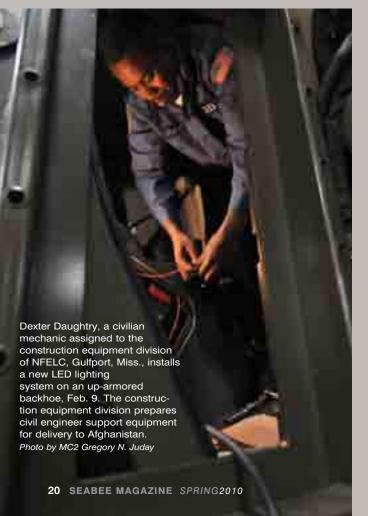
RADM Albert Garcia III, Deputy Commander, Naval Facilities Engineering Command (NAVFAC), and Deputy Chief of Civil Engineers, presented Purple Hearts to HM1 Riley and SWCN Thompson on board Naval Amphibious Base Coronado, Calif., March 4, during morning quarters.

"Words have meaning, but our actions have greater meaning," said RADM Garcia.

Garcia continued his remarks with a quote from John Stuart Mill...

NFELC Seabee TOA for Afghanistan Mission

By Linda Wadley, Public Affairs Officer, Naval Facilities Expeditionary Logistics Center



s the Seabees made preparations for a change in deployment as part of the buildup of U.S. forces deploying to Afghanistan, the Naval Facilities Expeditionary Logistics Center (NFELC), Port Hueneme, Calif., shifted into high gear in January to ensure the Seabees' Table of Allowance (TOA) was ready to support their mission.

Two P25 TOAs were readied, one each at Naval Base Ventura County (NBVC), Port Hueneme, and Naval Construction Battalion Center (NCBC), Gulfport, Miss., with the pack up of deferred items such as medical and dental supplies, communications gear and automotive repair parts. The TOAs' heavy construction equipment and tactical trucks were processed and prepared with most equipment being armored. Equipment armoring is accomplished via contracts and through NFELC's Gulfport and Port Hueneme Construction Equipment Divisions.

"Even through the holiday period, our logistics and mobilization teams were focused on the needs of the deploying Seabees, working diligently to get their equipment ready for shipment," said CAPT. Jim Worcester, commanding officer, NFELC, and commander, 31st Seabee Readiness Group (SRG). "We've given these Seabees the best equipment available to do this mission. I am confident they will make us proud during the troop surge."

Seabee commands at Port Hueneme and Gulfport work in concert to accomplish the massive task to support the battalions' mobilization efforts with non-deploying battalions providing support such as armoring, staging and embark. SRGs manage the TOA embark, transporting hundreds of tricons and heavy equipment, with 31st SRG, Port Hueneme, as Movement Control Center West; and 20th SRG, Gulfport, as Movement Control Center East.

"War is an ugly thing, but not the ugliest of things. The decayed and degraded state of moral and patriotic feeling which thinks that nothing is worth war is much worse. The person who has nothing for which he is willing to fight, nothing which is more important than his own personal safety, is a miserable creature and has no chance of being free unless made and kept so by the exertions of better men than himself."







(From left to right) RADM Albert Garcia III, Deputy Commander, NAVFAC, and Deputy Chief of Civil Engineers, thanks HM1 Robert Riley (left photo), ACB 1, and SWCN Aaron Thompson (center photo), ACB 1, for their service after awarding them the Purple Heart medal for injuries received in Afghanistan. Both received their medals on board NAB Coronado. Calif.. March 4.

Photos by MC2 Bryan Niegel

RADM Mark A. Handley (left), Commander, First Naval Construction Division, presents the Purple Heart Medal to CM1 David J. Brown, NMCB 22, for injuries received in Afghanistan during a ceremony at Joint Reserve Base Fort Worth, Texas, March 13.

Photo by MC1 Michelle Smith

NMCB 74 Taps First Artesian Well

aval Mobile Construction Battalion (NMCB) 74's Water Well Detachment reached a deployment milestone when it tapped an artesian well in Helmand Province, Afghanistan, Dec. 31. It is the first known artesian well to be tapped in the country, and will provide much-needed water to service members in the region.

The U.S. Geological Survey defines an artesian aquifer as "one situated between layers of poorly permeable rock, such as clay or shale that may be confined under pressure," and states on its website that the word "artesian" comes from the town of Artois, France, the old Roman city of Artesium, where the best-known flowing artesian wells were drilled.

When tapped by a well, water from the aquifer will flow rapidly upward, often resulting in a high-pressure water spout at the surface. These wells are rare, but gained notoriety in the Middle Ages where they powered famous fountains and aqueducts.

NMCB 74's water well team began drilling operations on Dec. 18. In just seven days the drill steel reached a depth of 1,220 feet, making it the deepest Naval Construction Force water well in Afghanistan. What came next was almost unimaginable - high pressure water spouting out of the bore hole.

"Amazing," said Equipment Operator 1st Class Aaron Nagel, lead driller. "There are very few places in the world which have free-flowing artesian wells."

It is almost unbelievable that this rarity could be found in the middle of the desert. The well requires no power to operate, and because of the high pressure flow being produced there is no pump installed. That means there is no requirement for a generator, electrical wires or on/off switch. Bottom line: It is virtually maintenance free. All that is required is a turn of the valve and, like magic – pristine artesian water flows out at more than 100 gallons per minute.

The well is very important to Forward Operating Base (FOB) Geronimo, because it is the lynchpin for all base improvements. Construction cannot begin without a reliable and abundant source of water, which has now been delivered. Showers are being installed for the first time, port-a-johns are being staged and contractors are scrambling to get construction materials delivered. Within the next few months, FOB Geronimo will undergo a radical transformation that will greatly improve the quality of life for the Marines and Sailors who call it home.



EO1 Aaron Nagel, assigned to NMCB 74's Water Well Detachment, taps the team's first artesian well in Afghanistan's Helmand Province, Dec. 31. Photo by HM1 Ken Mazer



Seabees in front of Marines' sign, Japan, 1943



Normandy, 1944

Seabees Marines

A STORIED HERITAGE



(Above) The Commandant (center) and Sergeant Major (center, left) of the Marine Corps visit Marines and Units at several bases in Iraq, including Al Asad, Al Taqqadum, Um Qassar and Camp Baharia, December 2008 U.S. Navy photo

(Background) 71st NCB constructing highway 1 near Futsuki, Japan, July 1945

Historical photos courtesy of Lara Godbille, Director, U.S. Navy Seabee Museum

(Below) Seabees erecting EM mess hall at Marine Corps Air Station, Futenma, Japan, December 1958





A MESSAGE FROM THE COMMANDANT OF THE MARINE CORPS



Since the early days of World War II, the Navy Seabees have made innumerable contributions to the success of our Marines in combat.

Though we Marines pride ourselves on being expeditionary and capable of operating from the most remote and rugged environments with little to no infrastructure in place, our missions benefit greatly from the airstrips, roads, bridges, and other structures Seabees are able to construct on remarkably short timelines. As your motto states, however, Seabees do much more than build. You are all true warriors that have been virtually indistinguishable from our Marines while fighting in some of our Nation's most intense battles. No matter where the mission takes you, the Seabees always demonstrate the utmost selflessness, courage, and resourcefulness.

On Guadalcanal, Seabees constructed and defended the vital Henderson Field. They more than proved their mettle alongside the Army during the Normandy Invasion. Serving shoulder-to-shoulder with Marines, Seabees stormed the sandy beaches of Iwo Jima – securing the beaches, unloading invaluable supplies, and reconstructing the war-savaged airfield. It was only a matter of hours after the initial assault before the Seabees had causeways and a pontoon dock up and running from Wolmi-do to the Inchon Peninsula – a key to the success of the Inchon operation. And roughly 10,000 Seabees hit the beach at Chu Lai with the Marines in 1965. In all of these iconic battles and many others, Seabees played a crucial role in securing victory and saving lives. Today, the construction battalions continue this long-standing legacy of patriotism, valor, and devotion to duty in the deserts of Iraq and the mountains of Afghanistan.

In addition to numerous contributions made in combat, the Seabees are also well-known for your ability to make the seemingly impossible happen. The most impressive example is the airstation at Cubi Point, where Seabees literally moved a mountain. In between these awe-inspiring accomplishments, Seabees still manage to serve as "the Navy's Goodwill Ambassadors," aiding underdeveloped nations and providing humanitarian relief to areas of the world devastated by natural disasters.

Through all of the major conflicts our Nation has experienced since the onset of World War II, Marines have been honored to serve side-by-side with the best military construction force in the world. We are proud of the bonds we share that can only be forged on the battlefield. On behalf of all Marines, I salute the Seabees for 68 years of dedicated service to our great Nation. Thank you for all that you do to support our Marines in combat – we are grateful to have you at our sides while defending the United States of America.

Semper Fidelis, James T. Conway General, U.S. Marine Corps

Flag Appointments and Promotions

By NAVFAC Headquarters Public Affairs and Communications



CAPT Gregory to be Assigned Commander, **NAVFAC Pacific**

CAPT Katherine L. Gregory will be assigned as Commander, Naval Facilities Engineering Command Pacific, Pearl Harbor, Hawaii. Gregory is currently serving as chief of staff, First Naval Construction Division (1NCD)/Naval Construction Forces Command, Norfolk, Va. CAPT Katherine L. Gregory U.S. Navy photo



CAPT Brown Tapped for Admiral

Navy Reserve CAPT Paula C. Brown has been nominated for appointment to the rank of rear admiral (lower half). Brown is currently serving as deputy chief of staff for engineering, U.S. Naval Forces Korea.

CAPT Paula C. Brown U.S. Navy photo



RADM Christopher Mossey U.S. Navy photo

RADM Mossey Named Commander, **NAVFAC** and Chief of Civil Engineers

RADM Christopher Mossey will be the next Commander, Naval Facilities **Engineering Command** (NAVFAC) and Chief of Civil Engineers. The change of command

is planned for May 21, 2010.

Before his present duty as director, Ashore Readiness (N46) and vice commander, CNIC, RADM Mossey commanded NAVFAC Atlantic, NAVFAC Pacific and was the NAVFAC Washington commanding officer during the transformation which combined PWC Washington and EFA Chesapeake.

Honorary Builder Warriors Join Seabee Ranks



RADM Greg Shear, Commander, Naval Facilities Engineering Command (NAVFAC) and Chief of Civil Engineers, presents VADM(sel) Carol Pottenger, Commander, Navy Expeditionary Combat Command, with an Honorary Seabee plaque, Virginia Beach, Va., March 30. Pottenger received the honor at a surprise ceremony attended by active and retired Seabees. Photo by MC2(SW) Michael R. Hinchcliffe



RADM Greg Shear (left), Commander, NAVFAC and Chief of Civil Engineers, and Seabee Force Master Chief Mike Holdcraft (right) present Chief of Naval Operations (CNO) ADM Gary Roughead with a certificate designating him an Honorary Seabee. The presentation was made at a Washington, D.C., area ball celebrating the 168th anniversary of NAVFAC, 143rd anniversary of the Civil Engineer Corps and the 68th anniversary of the Seabees, March 13.

Photo by MC1 Tiffini Jones Vanderwyst



LCDR James E. Brown, CEC (right), NMCB 7's operations officer and 2009 Moreell Medal recipient, points out anticipated berm construction sites for a forward operating base to CAPT Jim Schroeder, Helmand Province, Afghanistan, Jan. 25.

Photo by MC2 Michael B. Lavender

LCDR James E. Brown, CEC, Receives 2009 Moreell Medal

By NAVFAC Headquarters Public Affairs and Communications

As the recipient of the 2009 Moreell Medal, LCDR James E. Brown, CEC, is recognized for his superior performance as operations officer, Naval Mobile Construction Battalion (NMCB) 7. He expertly led the first-of-its-kind mid-deployment "lift and shift" of a Seabee battalion from Iraq to Afghanistan, including the operational close-out of Iraq missions, embarkation of his battalion personnel, gear and equipment to Afghanistan, and establishing his own base of operation while simultaneously constructing new Forward Operating Bases (FOBs) Leatherneck and Dwyer. LCDR Brown used superior leadership, planning and construction management skills to overcome countless engineering, logistical and security challenges while turning two 450-acre plots of bare desert into functioning Marine FOBs in just over 40 days.

His extraordinary military engineering accomplishments directly enabled the rapid surge of USMC forces into Helmand Province and subsequent combat gains against Taliban and al Qaeda forces, supporting national and international coalition objectives in Afghanistan.

The Moreell Medal is presented annually by the Society of American Military Engineers (SAME) to an officer of the Navy Civil Engineering Corps (CEC), active or reserve, or to a civilian employee of the naval engineering command in recognition of outstanding contributions to military engineering. The award is named in honor of ADM Ben Moreell, CEC, who served as the chief of the Bureau of Yards and Docks (later known as the Naval Facilities Engineering Command, NAVFAC) and chief of the Civil Engineer Corps from 1937 to 1945. Known as the "Father of the Seabees," ADM Moreell established the Naval Construction Force in 1942.

Seabee Welcomed to Women Divers Hall of Fame

By WDHOF Public Relations

The Women Divers Hall of Fame (WDHOF) welcomed EAC(SCW/DV/FMF) Roseanne Oliveros, UCT 2, and nine other female divers into its membership on March 27, in celebration of its 10-year anniversary.

Chief Oliveros became only the third female Seabee to graduate from Second Class Dive School in April 2000. She also attended First Class Dive School in 2004 and graduated as the Honor Grad. Oliveros went on to be the first and only enlisted woman in the U.S. Navy to become the Officer in Charge (OIC) of a Diving Detachment in May 2009, and led her 15-man team through a six-month deployment to the Pacific Fleet. She has also volunteered twice to deploy for six months to Iraq in 2003 and 2007, and was named 2006 30th Naval Construction Regiment Shore Sailor of the Year. Oliveros was selected for promotion to chief warrant officer earlier this year.

WDHOF is a nonprofit organization headquartered in New York, NY, whose members are the most accomplished and renowned women divers in the world. The organization's mission is to recognize the contributions of outstanding women divers, and to offer financial and mentorship assistance to women and men interested in pursuing diving careers. For more information, visit www.wdhof.org.



EAC(SCW/DV/FMF) Roseanne Oliveros, one of the newest inductees to the Women Divers Hall of Fame.

U.S. Navy photo



BU1 Robert Watson, NMCB 133, displays two Garrett GT2871R turbochargers before welding them to the exhaust pipes on his Pontiac G8, Biloxi, Miss., Sept. 4. Watson enjoys modifying his vehicles when he's not on deployment.

Photo by MCC Ryan C. Delcore

Hot-Rod Seabee!

By MCC Ryan C. Delcore, NMCB 133

Builder, that's right, Builder – not Construction Mechanic – 1st Class Robert Watson, Naval Mobile Construction Battalion (NMCB) 133, is a self-made mechanic who has pushed the limits of his automobiles and made them go faster than many could imagine.

BU1 Watson didn't grow up working on cars but has learned through trial and error along with a little bit of Seabee "CAN DO" attitude.

"I was scared to change my own oil when I first started driving," said Watson. That's hard to believe given that he's accomplished some highly technical feats in the world of car modifications.

Watson bought a 2000 Ford Explorer that came with a 302-cubic-inch engine and had an exhaust system put on it. He knew he had been bitten by the modification bug as soon as he heard the growl of the 302 bellowing out of the new exhaust. The sound was there, but Watson knew he wanted it to go faster.

Installing a shift kit so that the transmission would shift at a higher RPM allowing the Explorer to accelerate quicker was his first project. Watson then installed a performance cam in the engine which allowed the engine to make more power at certain RPMs. He also installed a Powerdyne Supercharger to force air into the engine to burn fuel at a higher rate creating more horsepower.

Watson bought a brand-new 2003 Ford Explorer off the showroom floor with the sole purpose of turning it into one of the fastest Explorers in the world by modifying and using as many of the vehicle's stock parts as possible.

Watson could not find any others who had attempted these modifications before which makes him a pioneer in the Ford Explorer performance world.

He has invested more than \$35,000 in his 4,400 pound, 625 horsepower Ford Explorer which now rockets down the quarter-mile raceway in about 11.5 seconds. And it's only been driven 7,000 miles.

Watson's latest project was installing a twin turbo system on his new Pontiac G8. The car originally produced 330 horsepower at the wheels. It's now making 525 at the wheels while maintaining its daily drivability.

Why make a car so fast? Watson enjoys flying it down the local drag strip and appreciates not needing a pilot's license to do it.

Miniature Vehicles Rally at Seabee-built R/C Park

By Gunnery Sqt. Cindy Fisher, Press Chief, Marine Consolidated PAO, Marine Corps Base Camp Butler, Okinawa, Japan

"Ladies and gentlemen, start your engines!" With those words, Col. Robert C. Clements, commanding officer, Headquarters Battalion, 3rd Marine Division, III Marine Expeditionary Force (MEF), opened the newest attraction on Camp Courtney, Okinawa, Japan, Jan. 15 - The Hill Off-Road R/C Park. Built by Seabees of Naval Mobile Construction Battalion (NMCB) 1, the park houses four tracks for driving radio-controlled vehicles.

"It is the only recreational area designed solely for this purpose on any of the Marine camps on Okinawa, and the only dedicated facility on the island," said Master Gunnery Sgt. Robert Andrews, III MEF, who spearheaded the project. Once the project was approved, Andrews contacted NMCB 1, deployed to Camp Shields.

Seabees, with the help of civilians and other service member volunteers, built the curves and berms of the tracks, with 70 cubic yards of dirt hauled in for the project. The park has three dirt tracks, one is a 1/16scale beginners course, and for the more advanced fan there is a 1/10- and 1/8-scale course. The fourth is a rock crawling area.

"This was a good training experience," said Chief Petty Officer Thomas Mills, operations chief for Company A, NMCB 1. "It had an element of fun, and it was a good community involvement project."

The park attracts Marines, Sailors, Soldiers, Airmen, DoD employees and their families, local nationals, and other R/C fans



A View from the Top

By BU1(SCW) Mary Montigny, POIC, Engineering Service Office Kabul, Afghanistan

After being stationed in Kabul, Afghanistan, for three and a half months, it was time for a vacation. I completed a mound of paperwork, packed my bags and headed off to Tanzania, Africa, to climb the Kilimanjaro. In June 2009, I had hiked the highest mountain in Europe, Mt. Elbus in Russia, which got me motivated to do all Seven Summits, the highest mountain in each continent.

I arrived in Tanzania and met my friend, Michelle Barsanti, who flew in from Denver, Col. The next morning, we found ourselves climbing up the slopes of Kilimanjaro, Africa's highest mountain (freestanding at 19,340 feet), with two local guides, four porters, a cook and waiter.

The climb took four and a half days, camping in and above the clouds. On summit day, we began the final ascent at midnight in a snow storm. After a couple of hours, the clouds cleared and the night sky exposed huge, bright twinkling stars. What followed was a "spiritual sunrise" above the clouds that revealed the slight curve of the earth on the horizon.

The constant physical and mental struggle paid off for me at 7 a.m., when I stood in disbelief on "The Roof of Africa," looking down into the Ash Pit Crater that once flowed with lava, to see with my own eyes the massive glaciers of Kilimanjaro that have existed since the last Ice Age! I cannot properly describe the beauty I saw above the clouds, and how the agony of getting there makes it that much more rewarding. The air was thin and I was exhausted, and I still had to make it down.

Part of my summit celebration included flying an American flag for my grandfather, Chuck Cromwell. The flag was a gift from my mother who is also serving in the Navy. She flew it in honor of her father in Kuwait during Operation Enduring Freedom. I did likewise while serving in Kabul, Afghanistan.



PROFESSIONAL DEVELOPMENT



To download your LaDR today, go to NKO's Career Management section

https://www.nko.navy. mil/portal/home/

or visit the CSFE page

https://www.netc.navy. mil/centers/csfe/

At both sites, you can find your LaDR and a variety of rating information such as study guides, practice exams and links to additional information.

Climbing the Seabee LaDR of Success

By Tom DeWhitt, Director of Career Management, CSFE

he Center for Seabees and Facilities Engineering's (CSFE's) Career Management Directorate (N3) has spearheaded the Occupational Force-13 (OF-13) Learning and Development Roadmap (LaDR) development effort in collaboration with Enlisted Community Managers (ECMs), Naval Construction Force (NCF) leadership and selected subject matter experts from the Seabee community. The Career Roadmaps (LaDRs) posted on CSFE's Navy Knowledge On-line (NKO) pages lay the foundation for the Navy's Enlisted Learning and Development Strategy (ELDS).

The LaDR provides a comprehensive career guide for enlisted personnel. It lists learning and development objectives and milestones by rating and pay grade. They are used to:

- Align required skills to an individual's career goals
- Aid recruiters and serve as an informational resource
- Offer applicants a guide for success in their prospective ratings
- Provide Seabees with well-defined paths to advancement
- Present instructions for using required and recommended resources
- ☐ Improve retention through career counseling and deck plate leadership.

"The addition of Career Roadmaps on NKO for the OF-13 ratings has been a welcome addition," said CMDCM (SCW/FMF) Delbert Terrell Jr., Naval Construction Training Center (NCTC) Port Hueneme. "We have implemented it in the CDB [Career Development Board] process with positive feedback.

"This roadmap provides a guide for [Seabees] to discuss future professional and personal education career plans and paths to achieve their goals," CMDCM Terrell continued. "We are making each other more "well-rounded," and in turn making the Command, Seabees and Navy a stronger force. More importantly, we are setting up Sailors for success when they decide to depart from the Navy."

The LaDR strategy takes a holistic approach to learning and development, combining skills training, professional education, wellrounded assignments, voluntary education and occupational certification programs - Navy Credentialing Opportunities Online (COOL) and United Services Military Apprenticeship Program (USMAP) – in order to provide Seabees with the right skills at the right time to best benefit the military member and the Navy.

SUICIDE PREVENTION

A Top Focus for 2010

By Navy Personnel Command Public Affairs

uicide prevention continues to be one of the highest priorities for Navy leadership, according to the most recent suicide prevention update released Feb. 18.

"Every single suicide loss is a tragedy with far reaching impact to the health and readi

"Every single suicide loss is a tragedy with far-reaching impact to the health and readiness of our entire Navy community," said Chief of Navy Personnel, VADM Mark Ferguson in NAVADMIN 054/10.

Suicide can be prevented, however, and the Navy's suicide prevention efforts have begun to make a difference, according to LCDR Bonnie Chavez, director of the Navy's Behavioral Health Program.

"Our most effective suicide prevention ultimately occurs at the local level – person to person. Awareness, skills and resources at the deckplates save lives," said LCDR Chavez. "Any one of us can have an opportunity to save a life."

According to Chavez suicide is the result of a complex combination of factors that lead an individual to experience pain and suffering.

"They feel ineffective and start to think they don't belong or that they have become a burden to others. One-on-one communication and support is critical if we are to recognize a problem. We know that early intervention works," said Chavez.

Chavez reminds Sailors and families to remember the acronym and ACT if they suspect a person may be feeling suicidal.

"Ask if the person is suicidal. Care by listening and offering hope. Treat – stay with the person and get them to professional help," said Chavez.

According to the 2009 Behavioral Health Quick Poll, many Sailors expect negative career consequences for getting help for stress reactions or suicidal ideas and expect to lose a security clearance. However, Chavez points out that family, and deployment-related counseling does not need to be mentioned on security clearance forms.

"Self referral for mental health is widely seen by professionals conducting clearance evaluations as demonstrating good judgment and reliability. Most often, only when failure to get assistance leads to substance abuse, disciplinary infractions or substantial debt are clearances in jeopardy," said Chavez.

Navy officials are examining ways to eliminate other potential barriers to using needed psychological services and removing obstacles that hinder successful reintegration of Sailors into the command, according to the NAVADMIN.

Education and training of Sailors, leaders and family members is a focus for 2010. According to the message, the Navy's Operational Stress Control program is becoming the cornerstone for all Behavior Health and Readiness efforts, including suicide prevention. Efforts this year will focus on improving family outreach, optimizing the interface between command leadership and medical treatment providers, and continuing to build a network of trained suicide prevention coordinators. The training will highlight the tools and techniques needed to build psychologically resilient Sailors, which can help them, their families and commands successfully navigate through stressful times.

"Reaching out to families is important because family members are often the first to notice a concern," said Chavez. "We must educate our families on warning signs, risk factors for suicide and how to access helpful resources. We also need to develop the relationships and a connection between commands and families before a crisis occurs."

ACT

ASK if the person is suicidal.

CARE by listening and offering hope.

TREAT – stay with the person and get them to professional help.

FOR MORE INFORMATION

Read NAVADMIN 054/10 or visit www.suicide.navy.mil.

For more news from Navy Personnel Command, visit www.navy.mil/local/npc/.

SEABEE MAGAZINE SPRING2010



loc.gov/cgi-bin/query/z?c111:S.475: then, click "S.475.ENR" #4. State information can be found at http://tinyurl.com/

co-founders of the Military Spouse Business Association and colleagues in getting the MSRRA passed, stand in front of the U.S. Capitol Building, Capitol Hill, Washington, D.C.

Postcards from Home

Year of the Seabee & Civil Engineer Corps Stands Down

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CSFE Receives Volunteer Partnership Award

By Chief Petty Officer Shawn R. Flynn, Air Force Education and Training Command 366 Training Squadron/Navy

he Center for Seabees and Facilities Engineering (CSFE) Detachment at Sheppard Air Force Base (SAFB), Texas, earned the 2009 Emy Lou Baldridge Partnership Award for volunteer efforts, including the Rainbow House of Wichita Falls, a subdivision of the Texas Department of Family and Protective Services.

The Rainbow House is an emergency resource center managed by Community Partners of North Texas. Since 1996, it has provided exceptional services for abused and neglected children from birth to 18 years of age, offering Child Protective Services (CPS) caseworkers 24-hour access to emergency resources.

Twenty-five CSFE Det SAFB staff members and more than 150 Seabee students volunteered their off-duty time as they placed a 30x60-foot drop ceiling at the Rainbow House. The Rainbow House building was originally a chapel with a 24-foot cathedral ceiling.

Led by CSFE Instructor Constructionman Electrician 1st Class (SCW) Ryan Gerdon, the team spent more than 56 volunteer hours to complete the task that will save thousands of dollars in heating and cooling costs. CSFE staff also volunteered in a silent auction for the kids

with a total of \$39k in donations, and led the cleanup of flood-damaged buildings used for inventory overstock behind the Rainbow

Janet Jackson, community partners coordinator, CPS, praised the Seabees in an e-mail. "The Navy Seabees' eagerness and consistent willingness to provide help to the Rainbow House of Wichita Falls has contributed to outstanding morale, services and a true sense of partnership in serving the children and families we work with," Jackson said.

"That's what we do," CE1 Gerdon said. "To have this opportunity is a great way to give back to a community... and gives the students a chance to see what they will be doing in the fleet."



CMC(SCW) Eric Kamradt (left) and CE1(SCW) Ryan Gerdon observe construction efforts at the Rainbow House on "dropping" the ceiling in an effort to reduce utility costs. The Rainbow House is an emergency resource center that provides services to abused and neglected children in the Wichita Falls, Texas, area. U.S. Navy photo

Runnin' Roos Help Build Winning Robots

By ENS Stanley Worthington, NMCB 133

he Seabees of Naval Mobile Construction Battalion (NMCB) 133 are always willing to help out their friends at West Elementary School in Gulfport, Miss., through the "Adopt-A-School" partnership. So, when NMCB 133 received word that the school needed help with robotics, Alfa Company quickly stepped up to the plate.

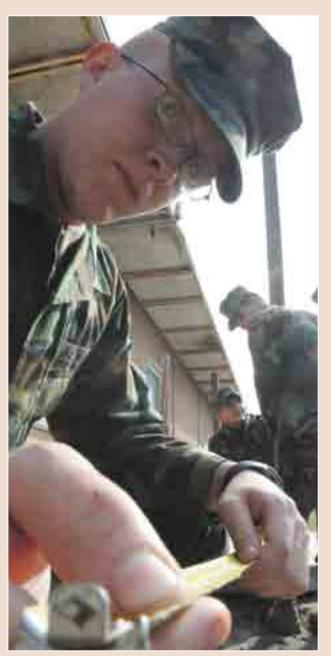
Specifically, Mrs. Allen's fourth and fifth graders needed some help getting their robots ready with less than a month to go before an annual robot competition. ENS Stanley Worthington and battalion members spent time each week with the students in the weeks leading up to the event.

The competition challenged area elementary school students to build vehicles capable of playing a modified version of football. The vehicles, constructed of specifically designed materials, could not be larger than a 14-inch cube but needed to carry a NERF football over obstacles. The robots would earn points by putting the football through uprights 18 inches off the ground.

The day of the race, 20 teams converged on Bayou View Middle School, including three teams from West Elementary - Vex Fusion, The Loch Vex Monsters and The Dragonators.

By popular vote, West Elementary took the prestigious and coveted Fusion Award. Thanks to the help of the Seabees, the real reward for the students came in the lessons of mechanics and practical problem solving.

ENS Stanley Worthington (upper left), NMCB 133, poses for a picture with fourth and fifth graders from West Elementary School, along with the robot they built for Gulfport High School's annual competition, Gulfport, Miss., Nov. 14. NMCB 133 sponsors an "Adopt-A-School" partnership with West Elementary. Photo by ENS Stanley Worthington



NMCB 11 Teams Up at **D'Iberville Elementary** School

By MC1(SCW) Nicholas Lingo

hrough family ties, several Seabees found themselves at the heart of a very unique project to help a select group of students, as well as an entire school, in D'Iberville, Miss.

Construction Mechanic 1st Class Luis Garcia, Naval Mobile Construction Battalion (NMCB) 11, was extremely interested when his mother-in-law told him about a project that had been in the works for just over a year to build a "pergola" at the D'Iberville Elementary School. A pergola is a garden structure used to provide shade in an open terrace.

This particular pergola would also create a better location for outdoor classes, including those for the school's gifted program, "Journey." It would also provide a more comfortable environment for autistic children enrolled in the school's special needs program.

After the month-long planning and coordination period between the school and NMCB 11, the project was completed and gave CM1 Garcia a strong sense of pride in his junior Seabees.

"This provided a great chance for some of my junior guys to not only volunteer, but to also gain some practical training and experience building," Garcia said. "Normally on Fridays, kids are thinking about their weekend plans, but these guys volunteered to come out and put something back into the community."

(Left) Seabees from NMCB 11 measure between support beams for a pergola to provide an outdoor classroom environment for the children of D'Iberville Elementary School, D'Iberville, Miss., Dec. 4.

(Below) Seabees, students and civilian volunteers pose in front of the finished project at D'Iberville Elementary School, Miss., in December. Photos by MC1(SCW) Nicholas Lingo



NMCB 133 'Bees Learn New Technique to Build Up Beaufort

By BU3(SCW) Jonathan Farewell, NMCB 133

aval Mobile Construction Battalion (NMCB) 133 sent a 16-man crew from its Air Detachment to Marine Corps Air Station (MCAS) Beaufort, S.C., to erect a 53' x 125' warehouse for ordnance storage.

With the support of Marine Wing Support Squadron (MWSS) 273, the 'Roos worked through a tight deadline of just seven weeks. In addition, no one person had any experience with MIC Industries' Ultimate Building Machine (UBM) that would shape and form the steel panels for the warehouse.

Both NMCB 133 and MWSS 273 personnel received train-

ing on the ins and outs of the UBM by a representative from MIC Industries.

"It has been a great experience working with the Seabees; it's not something that we get to do all that often," said Sgt. Aragon Espenoza, MWSS 273. "This project has definitely better prepared me and my unit for our next deployment."

"Once you do it, you get it," said Constructionman Thomas Russell, NMCB 133. "None of us has ever done this before. It's all new, but once you get a rhythm going it's hard to stop us from getting it done."



Seabees from NMCB 133 and Marines from Marine Wing Support Squadron (MWSS) 273 lower a steel panel created using an Ultimate Building Machine (UBM) during construction of an ammunition storage warehouse on Marine Corps Air Station Beaufort, S.C., Oct. 10. Photo by SW3 Jared Campos

NMCB 133 Seabee 'Firsts' in Martial Arts

By BU3 Jonathan French and BU3(SCW) Ryan Sparks, NMCB 133



BU3 Ryan Sparks (left), NMCB 133, checks a choke for proper form during martial arts training on Naval Construction Battalion Center Gulfport, Miss., Nov. 12. Sparks is the first-ever Seabee to attain the rank of Martial Arts Instructor Trainer (MAIT) Black Belt First Degree Red Tab from the Marine Corps Martial Arts Center of Excellence, Quantico, Va.

Photo by MCC Ryan Delcore

f you had told Builder 3rd Class (SCW) Ryan Sparks, Naval Mobile Construction Battalion (NMCB) 133, that he would make Seabee history, chances are he would have thought you were out of your mind.

The Marine Corps Martial Arts Program (MCMAP) has grown in popularity within the Seabee community in the past couple of years and no other Seabee has accomplished as much as BU3 Sparks has within the program – in a mere six months. Sparks began the first level of MCMAP in March 2009, obtaining the Tan belt. After completing the Grey belt course in Gulfport, Miss., he was recommended to become a MCMAP instructor due to his natural talent and interest in martial arts. Sparks then started the Martial Arts Instructor Program (MAI) and became a certified Green belt instructor. He was recommended to attend the Martial Arts Center of Excellence (MACE), instructed the Tan belt course and then attended MACE in Quantico, Va., a first for the Seabees.

BU3 Sparks graduated from MACE in September as a Martial Arts Instructor Trainer (MAIT) Black Belt First Degree Red Tab becoming the first and (so far) only Seabee to accomplish this feat. He also received the Dunham-Weatherbee Award, given to the student who displays the most courage and will during the course.

Navy Chief Saves Life with CPR Skills

By Airman 1st Class Adawn Kelsey, 82nd Training Wing Public Affairs

, hief Petty Officer Buddy Parsons, CSFE Detachment Sheppard Air Force Base, Texas, had hoped he would never have to use the cardiopulmonary resuscitation (CPR) skills he learned during his career. But he and Chief Petty Officer Joseph Mathers were glad he knew what to do during the Navy Chief meeting at the Sheppard Club, Sheppard Air Force Base, Dec. 2.

The Navy Chiefs were having dinner at the Sheppard Club when Chief Mathers, 366th TRS, began having a reaction when a piece of food became lodged in his throat.

"I felt my throat getting a little tight, but didn't think much of it," Mathers said. "After I <u>took another bite I realized I</u> couldn't breathe, I couldn't swallow, I couldn't cough, so I sat up in my chair."

At that point, Chief Parsons knew exactly what to do.

"When I looked up at Chief Mathers, his eyes got big, he had started changing colors a little bit and started pointing to his throat," he said.

Parsons rushed to Mathers and began the Heimlich maneuver to dislodge the piece of food that was stuck in his throat. While Parsons had taken CPR and automated external defibrillator (AED) courses and practiced on fake "victims" numerous times, this was his first time applying the skills in a real-life situation.

"The CPR and AED [skills] are important to have since you never know when situations will come up when you may need to use the training," Parsons said. "It can happen anywhere, anytime."

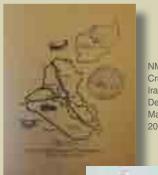
SEABEE WOUNDED WARRIOR FUND

The Seabee Wounded Warrior Fund began in 2006 as a result of generous donations received from the Seabee Veterans of America, Chief Petty Officers Mess, CEC Wardroom and various other sources. Designed as a way to provide for the needs of wounded Seabees as they transited through the Washington, D.C. area, the fund has been previously used to assist a wounded Seabee in attending the funeral of a fallen shipmate and to provide general items such as socks and PT gear.

The fund activated recently when three members of Naval Mobile Construction Battalion (NMCB) 22 were wounded during an IDF attack at Forward Operating Base Wilson, Afghanistan. Initially evacuated to the regional medical facility at Landstuhl, Germany, Constructionman 1st Class David Brown, Hospital Corpsman 1st Class Robert Riley and Steelworker Constructionman Aaron Thompson eventually arrived at the Walter Reed National Military Medical Center, Bethesda, Md., for continuing care with nothing but hospital-issued gear.

Thanks to the fund, the wounded Seabees soon had a few articles of clothing, PT gear, and room TVs and gaming equipment to make their stay at Bethesda a bit more comfortable. All three Seabees expressed their thanks for the generosity of those who had donated to the fund. The equipment is now on loan to the Navy's Casualty Affairs Office at Bethesda for use by other wounded Seabees, Soldiers, Sailors and Marines.

For more information on the Seabee Wounded Warrior Fund, contact CUCM Jimmy Long james.long1@navy.mil (202) 685-9276



NMCB 3 Cruisebook, Iraq & Afghanistan Deployment, March-October

CHINFO Awards Honor Seabee Publications

The Annual Navy Chief of Information (CHINFO) Merit Awards Program recognizes outstanding achievements in internal media products produced by Navy commands and individuals. Recently, the Department of the Navy awarded two CHINFOs that we know you'll be particularly interested in...



CRUISEBOOK, SMALL COMMAND

1ST Place: NAVAL MOBILE CONSTRUCTION **BATTALION (NMCB) 3**

Print Media. MAGAZINE FORMAT PUBLICATION

2ND Place: SEABEE Magazine, NAVAL FACILITIES ENGINEERING COMMAND

We congratulate NMCB 3 and MC1 Carmichael Yepez for their top-notch cruisebook documenting the battalion's 2008 deployments to Iraq and Afghanistan. And, we thank you – our fellow Seabees – for your contributions, readership and feedback – on our road to CHINFO success for Seabee Magazine. Can Do!

2010 SEABEE REUNIONS

Seabee Magazine, Winter 2009

JUNE

All Seabee Reunion June 24-27 Port Hueneme, CA Ed Kloster

626-280-9495 allseabees@charter.net www.allseabees.com

JULY

NMCB 14 July 17 Orlando, FL EOC Normand O. Dupois 407-877-2161

normandchf@aol.com

NMCB 19 July 30-August 1 Buffalo, NY John Mordeno 716-773-2027 mord192@aol.com

For a complete list of reunions, visit www.allseabees.com or the Seabee Historical Foundation at www.seabeehf.org.

Seabees - A Global Force for Good

By CMDCM Wade Howk, First Naval Construction Division



CMDCM Wade Howk, 1NCD U.S. Navy photo

y now, I'm sure you have all seen the Navy's commercial titled, "America's Navy – A Global Force for Good." It's a very moving video that makes the point that our Navy plays an important role in presenting our ideals to the rest of the world and helps make the world a better place. These ideals include courage, equality and fairness. It talks about the call to serve and how Navy service members make this selfless commitment to protect our country and sooth the anguish of those less fortunate.

No single group exemplifies this philosophy better than the Seabees. Our efforts in Iraq and Afghanistan have helped protect our own country, while our humanitarian efforts all over the world have helped people live better lives.

This past year, we have repaired schools in Romania, built bridges in Uganda, drilled water wells in Djibouti, renovated a medical clinic in Panama and completed many other projects that directly helped people in those regions. In many cases, the projects may seem small to us – a fresh coat of paint or some new light fixtures. But

...each act of compassion chips away at the barriers that divide us, and that ultimately helps make the world a better place. when you see the true appreciation in the eyes of those you've helped, then you understand why we love being Seabees.

And, it's not just about the construction; it's about the interaction with other cultures and showing them who Americans really are. After a hard day of work on the job site in the hot sun, Seabees find time to play a game of basketball or soccer with the local children. In countries ravaged by ethnic hatred and violence, the locals see Seabees of all races working together to complete

a job. It's impossible to gauge the impact these simple acts have, but we know in our hearts that each act of compassion chips away at the barriers that divide us, and that ultimately helps make the world a better place.

There is no better example of our ability to help those in need than our response to January's earthquake in Haiti. The human suffering in that region is beyond description, and Seabees were once again called to help those in need. Seabees from ACB 2, NMCB 7, CBMU 202 and UCT 1 all sprang into action to do the important work of repairing waterfront facilities, clearing roads, removing debris and helping provide hope to people facing a desperate situation.

We have been performing humanitarian and disaster recovery work for a long time, and no one does it better. Seabees are indeed "a global force for good." This is what Seabees do, and we're glad to do it.



Calling All Fighting Seabees...

ITSN David Springhetti, NMCB 133, sets up a rugged deployable satellite for communications at the battalion's combat operations center in Kandahar, Afghanistan, March 15.

Photo by MCC Ryan C. Delcore